

**TASK ANALYSIS**  
**Hand Dribbling**

**VISUAL DESCRIPTION:** The ball continually bounces to the floor without being caught using a downward push of the fingerpads.

**MOVEMENT SEQUENCE**

**VERBAL CUES**

- |   |                        |
|---|------------------------|
| <b>*1. Stand with feet apart/with one slightly back</b>       | <b>check your feet</b> |
| <b>2. Bend your knees and waist</b>                           | <b>knees bent</b>      |
| <b>3. Hold ball at your waist</b>                             | <b>ball at waist</b>   |
| <b>*4. Eyes on the ball</b>                                   | <b>eyes</b>            |
| <b>5. Push the ball down to open spot on floor</b>            | <b>push down</b>       |
| <b>*6. Use the finger pads to push the ball</b>               | <b>finger pads</b>     |
| <b>7. Push the ball so that it comes back up to the waist</b> | <b>waist high</b>      |
| <b>*8. Bend the elbows and keep wrist firm</b>                | <b>wrist firm</b>      |

**\* 4 Most Critical Points.**

**COMPLEXITY VARIABLES**

**LEARNER:**

Kindergarten-2 hand dribble 1<sup>st</sup> Grade-one hand dribble, moving (walking), dominant, non dominant 2<sup>nd</sup> Grade-one hand dribble, moving (jogging), dominant, non dominant

**SKILL:** Series

**ENVIRONMENT:** Use poly spots, use lines, use cones, using right & left hands

**CHECKLIST:**

| Student | Feet | Eyes | Fingers | Wrist |
|---------|------|------|---------|-------|
| 1       |      |      |         |       |
| 2       |      |      |         |       |
| 3       |      |      |         |       |
| 4       |      |      |         |       |

**\*Recommendations:** Need more difficult objectives for 2<sup>nd</sup> grade, seemed the same as 1<sup>st</sup>.